

# KURSPLAN

Gültig ab: Oktober 2020



Mo		Di		Mi		Do		Fr		Sa		So	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	8.15 - 9.30 Wake Up Yoga	8.45 - 9.15 CX Worx											
9.30-10.30 Body Pump		9.30-10.30 Zumba	9.15-10.15 Cycle WELL Rücken	9.15-10.15 Step I-II	9.15-10.15 Power Race Cycling	9.15-10.15 Pilates	9.45-10.30 Qi Gong	9.15-10.15 Step II		9.45-10.15 Grif (Zusatzabo)			9.15-10.15 Cantienica Power- Programm
		10.45-12.00 Yoga		10.30-11.30 Body Pump	10.30-11.30 Rücken & Stretch	10.30-11.30 Zumba	11.00-12.00 Reha-Sport II. Rezept	10.30-11.30 Rücken & Stretch		10.30-11.30 Body Pump	10.00-11.30 Yoga		9.45-11.00 Functional Power
										11.45-12.45 Body Combat			11.00-12.30 Fit-Box II
<p><b>BITTE BEACHTEN!</b> für die Kurse Cycling und Indoor Rowing bitte 30 min. vor Kursbeginn in die Teilnehmerlisten an der Theke eintragen.</p>									13.30 - 14.15 Reha-Sport II. Rezept				
									14.30 - 15.30 Reha-Sport II. Rezept in Planung				
	15.00-16.00 Reha-Sport II. Rezept				16.15-17.00 Simply Stretch			16.00-16.30 Grif (Zusatzabo) Outdoor					15.45-17.00 Yoga
16.30 - 17.30 Simply Stretch	16.30 - 17.00 CX Worx 17.00 - 17.30 Body Attack	17.00 - 18.00 Pilates	17.15 - 17.45 Grif (Zusatzabo)	17.00 - 18.00 Rücken & Stretch		17.00 - 18.00 BBP	16.45 - 17.45 Karate Anfänger/ Fortgeschr.	17.15 - 17.45 CX Worx	17.00 - 18.00 Body Balance			17.00 - 18.15 Body Pump	17.00 - 18.15 Yoga
17.45 - 19.00 Body Pump	17.45 - 18.45 Step II	18.00 - 19.15 Yoga	18.00 - 19.15 Power Race Cycling	18.30 - 19.30 Body Combat		18.00 - 19.00 Zumba	18.00 - 19.00 Body Attack	18.00 - 19.00 Body Pump	18.30 - 19.30 Power Race Cycling				18.15 - 19.15 Body Combat
19.00 - 20.00 Body Combat	19.00 - 20.00 Body Balance	19.30 - 20.30 Zumba	19.15 - 20.15 Pound	19.30 - 20.30 Body Pump	19.00 - 20.15 Indoor Rowing	19.15 - 20.30 Yoga	19.00 - 19.30 CX Worx						
20.00 - 20.30 Grif (Zusatzabo)			20.15 - 21.15 Karate Erwachsene Alle Stufen			20.30 - 21.30 Karate Erwachsene Alle Stufen	19.30 - 20.45 Fit-Box I						